



Landeshauptstadt
München
Sozialreferat

Munich's Sozialbürgerhäuser

Advice and help –
very close at hand



Wir sind München
für ein soziales Miteinander

jobcenter
München



Dear residents of the federal capital city of Munich,

Anybody can find themselves in social hardship. Particularly in challenging times, it could be that one temporarily has to rely upon support and help.

The Sozialbürgerhaus (SBH) near your home is there to provide you with extensive advice, support and help – all under one roof. Which Sozialbürgerhaus you need to contact depends on your residential address.

Help is available to all Munich residents, independent of gender, cultural or social origin, age, religion, ideology, disability and sexual or gender identity.

The Sozialbürgerhäuser provide you with free, confidential advice.

Don't be afraid to get in touch with your Sozialbürgerhaus if you find yourself in social hardship.



Verena Dietl

Verena Dietl
Third Mayor



D. Schiwy

Dorothee Schiwy
Head of Social Services

- > **Do you require advice and help in a particular life situation?**
- > **Are you in financial difficulty?**
- > **Do you require support in old age?**
- > **Are you facing problems in your family or partnership?**
- > **Do you have questions about raising your children?**
- > **Are you looking for advice on childcare provided by a childminder?**
- > **Are you struggling to pay your rent or under threat of eviction?**
- > **Have you lost your job?**

Whichever social hardship you may find yourself in, we are on hand to provide advice, support and arrange coordinated help together with you and other social services.

Give us a call and arrange a personal appointment!

You can reach us:

Monday to Thursday from 08:00-16:00
Friday from 08:00-12:00

Telephone: +49 89 233-96833

or online at muenchen.de/sbh

Here you can find the latest information, contact details and email addresses of the individual Sozialbürgerhäuser.

Entering your residential address will bring up which Sozialbürgerhaus you need to contact (see link overleaf).

Deaf and hearing-impaired persons, as well as people close to them, should contact Sozialbürgerhaus Laim-Schwanthalerhöhe.

You can reach the Munich Jobcenter in the Sozialbürgerhäuser

Monday to Friday from 08:00-12:00
Thursday from 08:00-12:00 and 14:00-16:00

Telephone: +49 89 45355-0

Here you can find all the information about how to contact the Munich Jobcenter:

jobcenter-muenchen.de/service
or
twitter.com/jobcenterM

Experience has shown that waiting times are usually shorter from 08:00 until 10:00.

Outside of these opening hours or in an emergency, please contact the following places:

muenchen.de/nothilfe



muenchen.de/sbh



jobcenter-muenchen.de

You can find your local SBH here:



muenchen.de/sbh-suche

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**Federal capital city of Munich, Sozialreferat
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Munich Jobcenter

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